



Postoperative Instructions After Hypoglossal Nerve Stimulator Implantation (Inspire)

You will be discharged on the day of the surgery.

Diet: You can resume a normal diet as tolerated. It is often helpful to eat a liquid or soft diet for the first 24-48 hours after surgery as anesthesia can make you nauseated.

Medications: You can be prescribed an antibiotic and a pain medication after your surgery. Take these as directed.

Activity: Avoid activities that require significant arm or shoulder motion for 4 weeks. Do not raise your shoulder more than 90 degrees during this time. This includes golfing, weight lifting, tennis, paddleball, skiing, etc.

Pain/Medications: Mild to moderate pain and swelling at incision sites are expected. In most cases, this should resolve by 7-10 days after surgery.

First Follow-up Visit: We will see you back in our office the week after surgery for an initial checkup.

Device Activation: You will have your device activated approximately one month after implantation with your Sleep provider. You will get your remote and your implant card at the time of activation.

Titration Sleep Study: Within 4 months of implantation, you will undergo a formal in-lab titration study to determine the optimal settings to treat your sleep apnea. Your Sleep provider will give you more information about this.

If you develop excessive pain, fevers with a temperature repeatedly above 101.5, difficulty breathing, or trouble swallowing or talking, call our office to discuss your symptoms with the physician.

Inspire has a Patient Services Line if you have trouble with the Inspire Sleep App or have any questions about the therapy after hours or on the weekends. Please reach them at 1-844-672-4357.